

Appendix 2: Decision after assessing full-text articles for eligibility

Author, year	Title	Decision
Barnett, 2003	Community-based group exercise improves balance and reduces falls in at risk older people: a randomised controlled trial.	Included
MacRae, 1994	A 1year exercise program for older women: Effects on falls, injuries and physical performances	Included
Means, 2005	Balance, mobility, and falls among community dwelling elderly persons: effects of a rehabilitation exercise program.	Included
McMurdo, 1997	Controlled trial of weight bearing exercise in older women in relation to bone density and falls	Included
Korpelainen, 2006	Effect of impact exercise on bone mineral density in elderly women with low BMD: a population-based randomized controlled 30month intervention.	Included
Haines, 2009	Effectiveness of a video-based exercise programme to reduce falls and improve health-related quality of life among older adults discharged from hospital: a pilot randomized controlled trial.	Included
Cornillon, 2003	Effectiveness of falls prevention strategies for elderly subjects who live in the community with performance assessment of physical activities (before-after).	Included
Smulders, 2010	Efficacy of a short multidisciplinary falls prevention program for elderly persons with osteoporosis and a fall history: a randomized controlled trial.	Included
Kemmler, 2010	Exercise effects on bone mineral density, falls, coronary risk factors, and health care costs in older women: the randomized controlled senior fitness and prevention (SEFIP study).	Included
Freiberger, 2012	Long-term effects of three multicomponent exercise interventions on physical performance and fall-related psychological outcomes in community-dwelling older adults: a randomized controlled trial.	Included
Luukinen, 2007	Pragmatic exercise-oriented prevention of falls among the elderly: a population-based, randomized, controlled trial.	Included
Campbell, 1997	Randomised controlled trial of a general practice programme of home based exercise to prevent falls in elderly women.	Included
Wolf, 1996	Reducing frailty and falls in older persons: an investigation of Tai Chi and computerized balance training. Atlanta FICSIT Group. Frailty and Injuries: Cooperative Studies of Intervention Techniques.	Included
Robertson, 2001	Effectiveness and economic evaluation of a nurse delivered home exercise programme to prevent falls. 1: Randomised controlled trial.	Included
Li, 2005	Tai Chi and fall reductions in older adults: a randomized controlled trial.	Included
Skelton, 2005	Tailored group exercise (Falls Management Exercise FaME reduces falls in community-dwelling older frequent fallers (an RCT.	Included
Fitzharris, 2010	The Whitehorse NoFalls trial: effects on fall rates and injurious fall rates.	Included
Robertson, 2001	Economic evaluation of a community based exercise programme to prevent falls.	Included (Main study : Campbell 1997)
Korpelainen, 2010	Long-term outcomes of exercise: follow-up of a randomized trial in older women with osteopenia.	Included (Main study : Korpelainen 2006)
Reinsch, 1992	Attempts to prevent falls and injury: a prospective community study.	Included (Main study: MacRae 1994)
Kemmler ,2010,	Exercise, body composition, and functional ability: a randomized controlled trial.	Included (Main study : Kemmler 2010, Arch Intern Med)
Wolf, 1997	The effect of Tai Chi Quan and computerized balance training on postural stability in older subjects. Atlanta FICSIT Group. Frailty and Injuries: Cooperative Studies on Intervention Techniques.	Included (Main study: Wolf 1996)
Korpelainen, 2006	Effect of exercise on extra-skeletal risk factors for hip fractures in elderly women with low BMD: a population-based randomized controlled trial	Included (Main study: Korpelainen 2006,

		Osteoporosis Int)
Luukinen, 2006	Prevention of disability by exercise among the elderly: a population-based, randomized, controlled trial.	Included (Main study: Luukinen 2007)
Day, 2002	Randomised factorial trial of falls prevention among older people living in their own homes.	Included (Main study: Fitzharris 2010)
Li, 2004	Tai Chi: improving functional balance and predicting subsequent falls in older persons.	Included (Main study: Li 2005)
Campbell, 1999	Falls prevention over 2 years: a randomized controlled trial in women 80 years and older.	Included (Main study: Campbell 1997)
Hauer, 2002	Intensive physical training in geriatric patients after severe falls and hip surgery	Falls not an outcome
Yamada, 2011	Seated stepping exercise in a dual-task condition improves ambulatory function with a secondary task: a randomized controlled trial.	Falls not an outcome
Kawasaki, 2011	A long-term, comprehensive exercise program that incorporates a variety of physical activities improved the blood pressure, lipid and glucose metabolism, arterial stiffness, and balance of middle-aged and elderly Japanese	Falls not an outcome
Chulvi-Medrano, 2009	A lower-limb training program to improve balance in healthy elderly women using the Tbow device.	Falls not an outcome
Song, 2010	A randomized study of the effects of tai chi on muscle strength, bone mineral density, and fear of falling in women with osteoarthritis.	Falls not an outcome
Hess, 2006	Ankle force and rate of force production increase following high intensity strength training in frail older adults.	Falls not an outcome
Stineman, 2011	Attempts to reach the oldest and frailest: recruitment, adherence, and retention of urban elderly persons to a falls reduction exercise program.	Falls not an outcome
Judge, 1993	Balance improvements in older women: effects of exercise training.	Falls not an outcome
Shigematsu, 2002	Dance-based aerobic exercise may improve indices of falling risk in older women.	Falls not an outcome
McMurdo, 2010	Do pedometers increase physical activity in sedentary older women? A randomized controlled trial.	Falls not an outcome
Tsang, 2004	Effect of 4 and 8wk intensive Tai Chi Training on balance control in the elderly.	Falls not an outcome
Bergland, 2011	Effect of exercise on mobility, balance, and health-related quality of life in osteoporotic women with a history of vertebral fracture: a randomized, controlled trial.	Falls not an outcome
Hongo, 2007,	Effect of low-intensity back exercise on quality of life and back extensor strength in patients with osteoporosis: a randomized controlled trial.	Falls not an outcome
Melzer, 2005	Effect of physical training on postural control of elderly.	Falls not an outcome
Maciaszek, 2007	Effect of Tai Chi on Body balance: randomized controlled trial in men with osteopenia or osteoporosis.	Falls not an outcome
Grahn Kr, 2009	Effect of training on health-related quality of life, pain and falls in osteoporotic women	Falls not an outcome
Iwamoto, 2006,	Effect of whole-body vibration exercise on lumbar bone mineral density, bone turnover, and chronic back pain in postmenopausal osteoporotic women treated with alendronate.	Falls not an outcome
Kim, 2010	Effects of 8 weeks of balance or weight training for the independently living elderly on the outcomes of induced slips.	Falls not an outcome
Devereux, 2005	Effects of a water-based program on women 65 years and over: a randomised controlled trial.	Falls not an outcome
Bennell, 2010	Effects of an exercise and manual therapy program on physical impairments, function and quality of life in people with osteoporotic vertebral fracture: a randomised, single-blind controlled pilot trial.	Falls not an outcome
Sztum, 2011	Effects of an interactive computer game exercise regimen on balance impairment in frail community-dwelling older adults: a randomized controlled trial.	Falls not an outcome
Katsura, 2010	Effects of aquatic exercise training using water-resistance equipment in elderly.	Falls not an outcome
Paillard, 2004	Effects of brisk walking on static and dynamic balance, locomotion, body composition, and aerobic capacity in ageing healthy active men.	Falls not an outcome

Ullmann, 2010	Effects of Feldenkrais exercises on balance, mobility, balance confidence, and gait performance in community-dwelling adults age 65 and older.	Falls not an outcome
Nelson, 1994,	Effects of high-intensity strength training on multiple risk factors for osteoporotic fractures. A randomized controlled trial.	Falls not an outcome
Portegijs, 2008,	Effects of resistance training on lower-extremity impairments in older people with hip fracture.	Falls not an outcome
Chyu, 2010	Effects of tai chi exercise on posturography, gait, physical function and quality of life in postmenopausal women with osteopaenia: a randomized clinical study.	Falls not an outcome
Hall, 2009	Effects of Tai Chi intervention on dual-task ability in older adults: a pilot study.	Falls not an outcome
Tsauo,2005	Effects on function and quality of life of postoperative home-based physical therapy for patients with hip fracture.	Falls not an outcome
Gold, 2004	Group treatment improves trunk strength and psychological status in older women with vertebral fractures: results of a randomized, clinical trial.	Falls not an outcome
Cheung, 2007	High-frequency whole-body vibration improves balancing ability in elderly women.	Falls not an outcome
Kerse, 2010	Home-based activity program for older people with depressive symptoms: DeLLITEa randomized controlled trial.	Falls not an outcome
Lustosa, 2011,	Impact of resistance exercise program on functional capacity and muscular strength of knee extensor in pre-frail community-dwelling older women: a randomized crossover trial.	Falls not an outcome
Jacobson, 2011	Independent static balance training contributes to increased stability and functional capacity in community-dwelling elderly people: a randomized controlled trial.	Falls not an outcome
Yardley, 2007	Internet provision of tailored advice on falls prevention activities for older people: a randomized controlled evaluation.	Falls not an outcome
Robitaille, 2005	Moving forward in fall prevention: an intervention to improve balance among older adults in real world settings.	Falls not an outcome
Marques, 2011	Multicomponent training program with weight-bearing exercises elicits favorable bone density, muscle strength, and balance adaptations in older women.	Falls not an outcome
DeVito, 2003	Physical performance effects of low-intensity exercise among clinically defined high-risk elders.	Falls not an outcome
Hourigan, 2008	Positive effects of exercise on falls and fracture risk in osteopenic women.	Falls not an outcome
Burke, 2010	Postural control in elderly persons with osteoporosis: Efficacy of an intervention program to improve balance and muscle strength: a randomized controlled trial.	Falls not an outcome
Bieryla, 2007	Practicing recovery from a simulated trip improves recovery kinematics after an actual trip.	Falls not an outcome
Sylliaas, 2013	Prolonged strength training in older patients after hip fracture: a randomised controlled trial.	Falls not an outcome
Hubscher, 2010	Prospective evaluation of the effects of a spinal orthosis on physical function and quality of life in women with osteoporosis.	Falls not an outcome
Ebrahim, 1997	Randomized placebo-controlled trial of brisk walking in the prevention of postmenopausal osteoporosis.	Falls not an outcome
Brouwer, 2003	Reducing fear of falling in seniors through education and activity programs: a randomized trial.	Falls not an outcome
Sattin, 2005	Reduction in fear of falling through intense tai chi exercise training in older, transitionally frail adults.	Falls not an outcome
Westlake, 2007	Sensory-specific balance training in older adults: effect on proprioceptive reintegration and cognitive demands.	Falls not an outcome
Persch, 2009	Strength training improves fall-related gait kinematics in the elderly: a randomized controlled trial.	Falls not an outcome
Chen, 2012	Systematic back muscle exercise after percutaneous vertebroplasty for spinal osteoporotic compression fracture patients: a randomized controlled trial.	Falls not an outcome
Greenspan, 2007	Tai chi and perceived health status in older adults who are transitionally frail: a randomized controlled trial.	Falls not an outcome

Beck, 2010	The effect of 8 mos of twice-weekly low or higher intensity whole body vibration on risk factors for postmenopausal hip fracture.	Falls not an outcome
Arnold, 2010	The effect of aquatic exercise and education on lowering fall risk in older adults with hip osteoarthritis.	Falls not an outcome
Lau, 1992	The effects of calcium supplementation and exercise on bone density in elderly Chinese women.	Falls not an outcome
Kim, 2011	The effects of multidimensional exercise on functional decline, urinary incontinence, and fear of falling in community-dwelling elderly women with multiple symptoms of geriatric syndrome: a randomized controlled and 6month follow-up trial.	Falls not an outcome
Sakai, 2010	Unipedal standing exercise and hip bone mineral density in postmenopausal women: a randomized controlled trial.	Falls not an outcome
Wolf, 1999	Up-training loading responses in older adults.	Falls not an outcome
Hatzitaki , 2009	Visual feedback training improves postural adjustments associated with moving obstacle avoidance in elderly women.	Falls not an outcome
Nyman, 2009	Website-based tailored advice to promote strength and balance training: an experimental evaluation.	Falls not an outcome
Yamada, 2011	Effects of a DVD-based seated dual-task stepping exercise on the fall risk factors among community-dwelling elderly adults.	No data on falls
Gleaso, 2009	Increased risk for falling associated with subtle cognitive impairment: secondary analysis of a randomized clinical trial	No data on falls
Tousignant, 2012	The effect of supervised Tai Chi intervention compared to a physiotherapy program on fall-related clinical outcomes: a randomized clinical trial.	no data on falls
Franco, 2012	The effect of the Nintendo Wii Fit and exercise in improving balance and quality of life in community dwelling elders.	No data on falls
Yoo, 2010	The effects of a walking exercise program on fall-related fitness, bone metabolism, and fall-related psychological factors in elderly women.	No data on falls
Wolf,2006	The influence of intense Tai Chi training on physical performance and hemodynamic outcomes in transitionally frail, older adults.	No data on falls
Buchner, 1997	A comparison of the effects of three types of endurance training on balance and other fall risk factors in older adults.	No data on falls
Steadman, 2003	A randomized controlled trial of an enhanced balance training program to improve mobility and reduce falls in elderly patients.	No data on falls
Nguyen, 2012	A randomized controlled trial of Tai chi for balance, sleep quality and cognitive performance in elderly Vietnamese.	No data on falls
Elbar, 2013	A water-based training program that includes perturbation exercises improves speed of voluntary stepping in older adults: a randomized controlled crossover trial.	No data on falls
Fitzgerald, 2011	Agility and perturbation training techniques in exercise therapy for reducing pain and improving function in people with knee osteoarthritis: a randomized clinical trial.	No data on falls
Bird,2012	A randomized controlled study investigating static and dynamic balance in older adults after training with Pilates.	No data on falls
Barnez, 2008,	Development, implementation, and evaluation of an Inter-professional Falls Prevention Program for older adults.	No data on falls
Oster, 1997	Strength and coordination training for prevention of falls in the elderly.	Abstract only/ No data on injurious falls
Ballard, 2004	The effect of 15 weeks of exercise on balance, leg strength, and reduction in falls in 40 women aged 65 to 89 years.	Abstract only/ No data on injurious falls
Tolomio, 2008	Short-term adapted physical activity program improves bone quality in osteopenic/osteoporotic postmenopausal women.	Abstract/ no data on injurious falls
Trombetti, 2011	Jaques-Dalcroze eurhythmics improves gait and prevents falls in the elderly.	Duplicate
Haeur, 2003	Two years later: a prospective long-term follow-up of a training intervention in geriatric patients with a history of severe falls.	Duplicate / no data on injurious falls
Carter, 2002	Community-based exercise program reduces risk factors for falls in 65 to 75yearold women with osteoporosis: randomized controlled trial.	Duplicate/ No data on injurious falls

Buchner, 1997	The effect of strength and endurance training on gait, balance, fall risk, and health services use in community=living older adults.	No adequate data on injurious falls
Latham, 2003	A randomized, controlled trial of quadriceps resistance exercise and vitamin D in frail older people: the Frailty Interventions Trial in Elderly Subjects (FITNESS.	No adequate data on injurious falls
Simmons , 1996	Effectiveness of water exercise on postural mobility in the well elderly: an experimental study on balance enhancement.	No adequate data on injurious falls
Schoene , 2013	A Randomized Controlled Pilot Study of Home-Based Step Training in Older People Using Videogame Technology	No data on injurious falls
Steinberg, 2000	A sustainable programme to prevent falls and near falls in community dwelling older people: results of a randomised trial.	No data on injurious falls
Taylor, 2012	Effectiveness of tai chi as a community-based falls prevention intervention: a randomized controlled trial.	No data on injurious falls
Duque, 2013	Effects of balance training using a virtual-reality system in older fallers.	No data on injurious falls
Granache, 2013	Effects of core instability strength training on trunk muscle strength, spinal mobility, dynamic balance and functional mobility in older adults	No data on injurious falls
Uemura, 2012	Effects of dual-task switch exercise on gait and gait initiation performance in older adults: preliminary results of a randomized controlled trial.	No data on injurious falls
Oh, 2012	Intensive exercise reduces the fear of additional falls in elderly people: Findings from the Korea falls prevention study	No data on injurious falls
Clemson, 2010	LiFE Pilot Study: A randomised trial of balance and strength training embedded in daily life activity to reduce falls in older adults.	No data on injurious falls
Beyer, 2007	Old women with a recent fall history show improved muscle strength and function sustained for six months after finishing training.	No data on injurious falls
Stevens, 2001	Preventing falls in older people: outcome evaluation of a randomized controlled trial.	No data on injurious falls
Resnick, 2002	Testing the effect of the WALC intervention on exercise adherence in older adults.	No data on injurious falls
Clemson,. 2004	The effectiveness of a community-based program for reducing the incidence of falls in the elderly: a randomized trial.	No data on injurious falls
Madureira, 2010	A 12month randomized controlled trial of balance training in elderly women with osteoporosis: improvement of quality of life.	No data on injurious falls
Weerdesteyn, 2006	A five-week exercise program can reduce falls and improve obstacle avoidance in the elderly.	No data on injurious falls
Woo, 2007	A randomised controlled trial of Tai Chi and resistance exercise on bone health, muscle strength and balance in community-living elderly people.	No data on injurious falls
Sherrington, 2003	A randomised trial of weight-bearing versus non-weight-bearing exercise for improving physical ability in inpatients after hip fracture.	No data on injurious falls
Trombetti A 2012,	A randomized controlled trial of music-based multitask training on gait, balance and fall risk	No data on injurious falls
Hale 2012	A randomized controlled trial to investigate the effects of water-based exercise to improve falls risk and physical function in older adults with lower-extremity osteoarthritis.	No data on injurious falls
Lin, 2007	A randomized, controlled trial of fall prevention programs and quality of life in older fallers.	No data on injurious falls
Voukelatos, 2007	A randomized, controlled trial of tai chi for the prevention of falls: the Central Sydney tai chi trial.	No data on injurious falls
Liu-Ambrose, 2004	Balance confidence improves with resistance or agility training. Increase is not correlated with objective changes in fall risk and physical abilities.	No data on injurious falls
Madureira, 2007	Balance training program is highly effective in improving functional status and reducing the risk of falls in elderly women with osteoporosis: a randomized controlled trial.	No data on injurious falls
Huang, 2010	Community-based interventions to reduce falls among older adults in Taiwan long time follow-up randomised controlled study.	No data on injurious falls

Wu, 2010	Comparison of telecommunication, community, and home-based Tai Chi exercise programs on compliance and effectiveness in elders at risk for falls.	No data on injurious falls
Mansfield, 2010	Effect of a perturbation-based balance training program on compensatory stepping and grasping reactions in older adults: a randomized controlled trial.	No data on injurious falls
Rubenstein, 2000	Effects of a group exercise program on strength, mobility, and falls among fall-prone elderly men.	No data on injurious falls
Helbostad, 2004	Effects of home exercises and group training on functional abilities in home-dwelling older persons with mobility and balance problems. A randomized study.	No data on injurious falls
Von Stengel, 2011	Effects of whole body vibration on bone mineral density and falls: results of the randomized controlled ELVIS study with postmenopausal women.	No data on injurious falls
Bogaerts, 2007	Effects of whole body vibration training on postural control in older individuals: a 1 year randomized controlled trial.	No data on injurious falls
Kamide, 2009	Effects on balance, falls, and bone mineral density of a home-based exercise program without home visits in community-dwelling elderly women: a randomized controlled trial.	No data on injurious falls
Vogler, 2012	Evidence of detraining after 12week home-based exercise programs designed to reduce fallrisk factors in older people recently discharged from hospital.	No data on injurious falls
Weerdest, 2008	Exercise training can improve spatial characteristics of timecritical obstacle avoidance in elderly people.	No data on injurious falls
Hauer, 2001	Exercise training for rehabilitation and secondary prevention of falls in geriatric patients with a history of injurious falls	No data on injurious falls
Clemson, 2012	Integration of balance and strength training into daily life activity to reduce rate of falls in older people (the LiFE study): randomised parallel trial.	No data on injurious falls
Wolf, 2003	Intense tai chi exercise training and fall occurrences in older, transitionally frail adults: a randomized, controlled trial.	No data on injurious falls
Logghe, 2009	Lack of effect of Tai Chi Chuan in preventing falls in elderly people living at home: a randomized clinical trial.	No data on injurious falls
Morgan, 2004	Low-intensity exercise and reduction of the risk for falls among at-risk elders.	No data on injurious falls
Hu, 1994	Multisensory training of standing balance in older adults: I. Postural stability and one-leg stance balance.	No data on injurious falls
Iwamoto, 2009	Preventative effect of exercise against falls in the elderly: a randomized controlled trial.	No data on injurious falls
Freiberger, 2007	Preventing falls in physically active community-dwelling older people: a comparison of two intervention techniques.	No data on injurious falls
Suzuki, 2004	Randomized controlled trial of exercise intervention for the prevention of falls in community-dwelling elderly Japanese women.	No data on injurious falls
Brown 2002,	Reducing falls in elderly people: a review of exercise interventions	No data on injurious falls
La, 2006	Reducing hazard related falls in people 75 years and older with significant visual impairment: how did a successful program work?	No data on injurious falls
Huang, 2011	Reducing the fear of falling among community-dwelling elderly adults through cognitive-behavioural strategies and intense Tai Chi exercise: a randomized controlled trial.	No data on injurious falls
Liu-Ambrose, 2004	Resistance and agility training reduce fall risk in women aged 75 to 85 with low bone mass: a 6month randomized, controlled trial.	No data on injurious falls
Carter, 2001	Results of a 10 week community based strength and balance training programme to reduce fall risk factors: a randomised controlled trial in 6575 year old women with osteoporosis.	No data on injurious falls
Yamada, 2011	Rhythmic stepping exercise under cognitive conditions improves fall risk factors in community-dwelling older adults: Preliminary results of a cluster-randomized controlled trial.	No data on injurious falls
Lord, 1995	The effect of a 12month exercise trial on balance, strength, and falls in older women: a randomized controlled trial.	No data on injurious falls

Cerny 1998,	The effect of a multidimensional exercise program on strength, range of motion, balance and gait in the well elderly	No data on injurious falls
Shumway-Cook, 1997	The effect of multidimensional exercises on balance, mobility, and fall risk in community-dwelling older adults.	No data on injurious falls
Nitz, 2004	The efficacy of a specific balance-strategy training programme for preventing falls among older people: a pilot randomised controlled trial.	No data on injurious falls
Bunout, 2005,	The Impact of Nutritional Supplementation and Resistance Training on the Health Functioning of Free-Living Chilean Elders: Results of 18 Months of Follow-up	No data on injurious falls
Buchner, 1993	The Seattle FICSIT/Movelt study: the effect of exercise on gait and balance in older adults.	No data on injurious falls
Inokuchi, 2007	Feasibility and effectiveness of a nurse-led community exercise programme for prevention of falls among frail elderly people: a multicentre controlled trial.	No injurious falls in both groups
Yamada, 2012	Complex obstacle negotiation exercise can prevent falls in community-dwelling elderly Japanese aged 75 years and older.	Control was given an intervention designed to prevent falls
Kolt, 2012	Healthy Steps trial: pedometer-based advice and physical activity for low-active older adults.	Control was given an intervention designed to prevent falls
Means, 1996	Rehabilitation of elderly fallers: pilot study of a low to moderate intensity exercise program.	Control was given an intervention designed to prevent falls
Nahm, 2010,	Effects of a social cognitive theory-based hip fracture prevention web site for older adults.	Exercise not the intervention
Parijat, 2012	Effects of moveable platform training in preventing slip-induced falls in older adults.	Exercise not the intervention
Hausdorff, 2001	Gait variability and fall risk in community-living older adults: a 1year prospective stud	Exercise not the intervention
Sakamoto, 2013	Why not use your own body weight to prevent falls? A randomized, controlled trial of balance therapy to prevent falls and fractures for elderly people who can stand on one leg for (less than or equal to)15 s	Exercise not the intervention
Kemmler, 2010	Effect of whole body vibration on the neuromuscular performance of females 65 years and older. One year results of the controlled randomized ELVIS study.	German
Lee, 2013	Effects of a multifactorial fall prevention program on fall incidence and physical function in community dwelling older adults with risk of falls.	Multifactorial intervention
Swanenburg, 2007	Effects of exercise and nutrition on postural balance and risk of falling in elderly people with decreased bone mineral density: randomized controlled trial pilot study.	Multifactorial intervention
Lord, 2005	The effect of an individualized fall prevention program on fall risk and falls in older people: a randomized, controlled trial.	Multifactorial intervention
Russell, 2010	A randomized controlled trial of a multifactorial falls prevention intervention for older fallers presenting to emergency departments.	Multifactorial intervention
Fox, 2010	A randomized trial of a multifaceted intervention to reduce falls among community-dwelling adults.	Multifactorial intervention
Shumway-Cook, 2007	Effectiveness of a community-based multi-factorial intervention on falls and fall risk factors in community-living older adults: a randomized, controlled trial.	Multifactorial intervention
Vaapio, 2007	Effects of risk-based multifactorial fall prevention on health-related quality of life among the community-dwelling aged: a randomized controlled trial.	Multifactorial intervention
Salminen, 2009	Effects of risk-based multifactorial fall prevention on postural balance in the community-dwelling aged: a randomized controlled trial.	Multifactorial intervention
Ziden , 2008	Home rehabilitation after hip fracture. A randomized controlled study on balance confidence, physical function and everyday activities.	Multifactorial intervention
Spice, 2009,	The Winchester falls project: A randomised controlled trial of secondary prevention of falls in older people.	Multifactorial intervention

Young, 2007	Simple, novel physical activity maintains proximal femur bone mineral density, and improves muscle strength and balance in sedentary, postmenopausal Caucasian women.	No control
Host, 2007,	Training-induced strength and functional adaptations after hip fracture.	No control
Vaillant, 2006	Balance, aging, and osteoporosis: effects of cognitive exercises combined with physiotherapy.	No control
Robertson, 2001	Effectiveness and economic evaluation of a nurse delivered home exercise programme to prevent falls. 2: Controlled trial in multiple centres.	Not a RCT
Gardner , 2001	Practical implementation of an exercise-based falls prevention programme	Not a RCT
Waters, 2010	Osteoporosis and gait and balance disturbances in older sarcopenic obese New Zealanders.	Not a RCT
Tinetti, 1998,	The effect of falls and fall injuries on functioning in community-dwelling older persons	Not a RCT
Zhu, 2011	Timed up and go test and bone mineral density measurement for fracture prediction.	Not a RCT
Englund, 2005	A 1year combined weight-bearing training program is beneficial for bone mineral density and neuromuscular function in older women.	Not designed to prevent falls
Dangour, 2011	Effect of a nutrition supplement and physical activity program on pneumonia and walking capacity in Chilean older people: a factorial cluster randomized trial.	Not designed to prevent falls
Murphy, 2012	An evaluation of the effectiveness and cost effectiveness of the National Exercise Referral Scheme in Wales, UK: a randomised controlled trial of a public health policy initiative.	Not designed to prevent falls
Faber, 2006	Effects of exercise programs on falls and mobility in frail and prefrail older adults: A multicenter randomized controlled trial.	Participants are not community-dwellers
Bogaerts, 2011	Changes in balance, functional performance and fall risk following whole body vibration training and vitamin D supplementation in institutionalized elderly women. A 6 month randomized controlled trial.	Participants not community dwellers
Sakamoto, 2006	Effects of unipedal standing balance exercise on the prevention of falls and hip fracture among clinically defined high-risk elderly individuals: a randomized controlled trial.	Participants not community dwellers
Resnick , 2012	Falls and fall-related injuries associated with function-focused care.	Participants not community dwellers
Sherrington, 1997	Home exercise to improve strength and walking velocity after hip fracture: a randomized controlled trial.	Participants not community dwellers
Lord, 2003	The effect of group exercise on physical functioning and falls in frail older people living in retirement villages: a randomized, controlled trial.	Participants not community dwellers
Chan, 2004,	A randomized, prospective study of the effects of Tai Chi Chun exercise on bone mineral density in postmenopausal women.	Participants not older adults
Teixeira, 2010	Progressive load training for the quadriceps muscle associated with proprioception exercises for the prevention of falls in postmenopausal women with osteoporosis: a randomized controlled trial.	Participants not older adults
Bischoff-Ferrari , 2010	Effect of high-dosage cholecalciferol and extended physiotherapy on complications after hip fracture: a randomized controlled trial	Participants selected at acute phase of an injury